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ABSTRACT

This book targets teachers in higher education as well as in adult education, illustrating how to work toward becoming more authentic in teaching using case studies, examples, stories, and exercises. Chapter 1 explores current understanding of the basic self and psychological preferences. Chapter 2 discusses the powerful influence of past experiences in the perception of the self and the significance of people's cherished values. Both chapters include exercises for fostering self-awareness. Chapter 3 inquires into the social construct of the good teacher and urges readers to identify their own personal teaching strengths within that construct. This theme is carried into chapter 4, which suggests how teachers can examine their own stories and contemplate how to integrate the self into the teaching role. Chapter 5 contains stories from four authentic teacher. Chapter 6 describes different kinds of relationships teachers have with students, providing exercises to help identify them and make them more meaningful. Chapter 7 discusses authenticity in the larger context of the discipline, institution, community, state, and society. Chapter 8 discusses personal and professional development, focusing on how each contributes to the other as people integrate the self and the teacher. (Contains 83 references.) (SM)

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